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The MyMobility Plan provides older adults with information, guidance, and tips on how to stay safe, mobile, and independent as they age.

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MyMobility Plan

The mobility planning tool has three parts designed to help older adults and their caretakers with the challenges that may come with age:

- **How to stay independent** — Tips to manage health to maintain mobility.
- **How to stay safe at home** — A home safety checklist to help prevent falls.
- **How to stay mobile in the community** — A plan to get around in the community.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

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Find resources and download the tool at:
www.cdc.gov/motorvehiclesafety/older_adult_drivers/mymobility

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